

Non-Pharmacological Interventions for Pain Management

EDUCATIONAL & BEHAVIORAL FOUNDATION



Pain Education

- Provide explanations about pain and coping for the client and their system. Include insight into biopsychosocial factors and advice on approach and interaction.



Psychosocial Interventions

- Utilize behavioral therapy, emotion regulation, co-regulation, stress reduction, system interventions, and trauma treatment to address the mental and social aspects of pain.



Lifestyle Interventions

- Focus on foundational health through physical activity, healthy sleep patterns, reduced screen use, proper nutrition, and weight management.

ACTIVITY & FUNCTIONAL MANAGEMENT



Adjusting Load to Capacity

- Manage daily energy by using a daily program and activity weight—remember the mantra: "Plan, don't run."



Increasing Capacity

- Gradually improve physical and mental stamina through specific training methods like graded activity or graded exposure.



Advice on ADL or PDL

- Adjust painful care actions (Activities of Daily Living or Professional Daily Living) and provide guidance to ensure comfort during necessary physical movements.

PHYSICAL TREATMENTS & SUPPORT



Reducing Physical Tension

- Use relaxation exercises, bodywork, to physically release muscle tension.



Use of Assistive Devices

- Implement physical aids to reduce strain, such as a walker for mobility or a seating orthosis for improved posture and support.



Pain-Relieving Treatment

- Explore diverse therapeutic options including TENS, massage, heat/cold therapy, dry needling, music therapy, and aroma care.